

## SERUM GLUCOSE LEVEL DETERMINATION

### **INDICATION:**

- Altered mental status with possible hypoglycemia.

### **PROCEDURE:**

- Assemble equipment:
  - Alcohol wipes.
  - Gauze Pad.
  - Lancet.
  - Approved glucose meter.
  - Glucose test strip.
  - Bandaid.
- Select Site
  - Adults, ambulatory children:
    - Use the fingertip.
      - It is less painful if the sides of the fingertips are used.
      - Avoid using the index finger.
  - Infants not yet ambulatory:
    - Use the heel of foot.
      - The medial or lateral aspect of the heel is preferable.
      - Avoid the bottom of the heel due to nerves.
- Prep the site using alcohol wipe, then dry (use gauze pad).
  - Presence of alcohol may interfere with test accuracy.
- Tourniquet the fingertip or heel by applying gentle pressure with the thumb and index finger immediately proximal to the site prior to puncture.
- Using a quick jabbing motion, make a small puncture and allow a few drops to bleed.
  - Do **NOT** squeeze finger or heel as this will tend to dilute the blood with tissue fluid.
- Wipe again: allow a few drops to bleed and press onto glucose test strip.
- Determine glucose reading according to directions on testing device.

### **NOTES:**

- Use only approved glucose measuring device.
- Capillary blood preferred; check with manufacturer of glucose meter regarding use with venous blood.
- Do not utilize blood draining from nose, ears, mouth, or wounds for blood glucose determination.